



Borough of Appleby

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1968

Stricklandgate House, P.O. Box 18, Kendal

Telephone Number: Kendal 23502

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TITUS WILSON & SON

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NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Area of the Borough in acres	1,877
Population at 1961 Census	1,755
Population (Registrar-General's mid year estimate) ..	1,890
Inhabited Houses	666
Rateable Value	£68,994
Product of a Penny Rate	£270
Rate in the Pound levied in 1968/69	13/3d.
of which the County Rate was	8/11d.

The ancient Borough of Appleby is the County Town of Westmorland, and lies on a beautiful winding reach of the River Eden beneath the long escarpment of the Pennine Range. The Town clusters compactly on the rising ground of the river banks and is dominated by the historic Castle. It is a small market town which mainly serves the surrounding farming countryside, but on one side the main trunk highway follows the old Roman road which passes over into north-east England. These geographical features determine the natural lines of communication and therefore influence the spread of infectious disease.

The geology of the Borough is mainly Penrith sandstone in the Permian System but in the northern portion there are some purple sandstones and shales in the Millstone Grit series of the Carboniferous System, with alluvial deposits and terraces along the river, and some glacial drift. These geological characteristics are of great significance in the supervision of water supplies and sewerage as well as affecting the economics of the Borough.

The climate is equable and the town is well sheltered from the prevailing winds. The air is generally very clear and there is little mist or fog. The rainfall varies between 30 and 40 inches a year, and snow may be expected for one or two weeks in the late winter.

The Borough is primarily a market town in character, and many of the small industries and crafts are ancillary to agriculture. There are also the following industries and occupations which provide local employment and bring a measure of prosperity to the Borough:—

- Milk Depot.
- Cream Factory.
- Egg Packing Station.
- Railway Work.

In addition to these local industries the Borough receives seasonal tourist and business traffic from the Trunk Road. The variety of these local opportunities for employment has kept Appleby happily free from unemployment and has provided that economic security

which is a most important factor in the maintenance of the public health.

STAFF.

Name.	Qualifications.	Office.	Whole or Part-time.	Other Offices.
F. T. Madge.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health.	Part.	M.O.H. Combined County Districts of Westmorland
J. R. Masterton.	M.A.P.H.I.	Public Health Inspector	Part.	Building Surveyor
B. M. Machell.	—	Clerk to Medical Officer of Health.	Part.	Clerk to M.O.H. Combined County Districts of Westmorland

STAFF CHANGES

There were none during the year.

VITAL STATISTICS

The following extracts are made from information supplied by the Registrar-General, with figures for 1967 for comparison.

Area of the District in acres 1,877

	1967	1968
Estimated civilian population (mid year) ..	1,860	1,890
Live Births. Legitimate— males	26	13
females	18	11
Illegitimate— males	—	—
females	—	—
Total	44	24
Crude Rate per 1,000 population	23.7	12.7
Corrected Rate per 1,000 population	25.5	13.7
Birth Rate for England and Wales	17.2	16.9
Illegitimate Birth Rate per 1,000 live births	—	—
Still Births. Legitimate— males	—	1
females	—	—
Illegitimate— males	—	—
females	—	—
Total	—	1
Total (live and still) births ..	44	25
Rate per 1,000 total (live and still) births	—	40
Rate for England and Wales ..	14.8	14
Deaths. males	10	16
females	16	8
Total	26	24
Crude Rate per 1,000 population ..	14.0	12.7
Corrected Rate per 1,000 population	15.4	13.9
Rate for England and Wales ..	11.2	11.9

	1967	1968
Infantile Deaths (under 1 year)		
Total deaths under 1 year.. ..	1	—
Rate per 1,000 live births	23	—
Rate for England and Wales ..	18.3	18
Legitimate	1	—
Rate per 1,000 legitimate live births	23	—
Illegitimate	—	—
Rate per 1,000 illegitimate live births	—	—
Neonatal Deaths (under 4 weeks)		
Total neonatal deaths ..	1	—
Rate per 1,000 live births ..	23	—
Rate for England and Wales ..	12.5	12.3
Early Neonatal Deaths (under 1 week)		
Total early neonatal deaths ..	1	—
Rate per 1,000 live births ..	23	—
Rate for England and Wales ..	10.8	10.5
Perinatal Mortality		
Stillbirths and deaths under 1 week.. .. .	1	1
Rate per 1,000 total (live and still) births	23	40
Rate for England and Wales ..	25.4	25
Maternal Mortality		
Total Deaths	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales ..	0.20	0.24

Deaths from certain causes:—						1967.	1968.
Cancer		4	5
Measles		Nil	Nil
Whooping Cough			Nil	Nil

The main causes of Death were:--

Heart Disease	8
Cancer	5

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

1968 was a good year, almost free of the common notifiable diseases. A minor incident in the spring involved 8 people with a food poisoning germ, salmonella indiana. Control measures were promptly applied, and were effective.

NOTIFIABLE DISEASES TABLE.

DISEASE	Total	Ages										Admitted to Hospital	Deaths
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-
Measles	1	1	-	-	-	-	-	-	-	-	-	-	-
Dysentery	2	-	-	-	1	-	-	-	-	1	-	-	-
Infective Jaundice ..	2	-	-	-	-	-	-	-	1	-	-	-	1
Food Poisoning ..	8	1	-	1	-	-	-	-	1	-	1	2	2
TOTAL	13	2	-	1	1	-	-	-	2	1	1	2	3

TUBERCULOSIS TABLE.

Age Periods	NEW CASES				DEATHS			
	Respira- tory		Non-res- piratory		Respira- tory		Non-res- piratory	
	M	F	M	F	M	F	M	F
0 ..	—	—	—	—	—	—	—	—
1 ..	—	—	—	—	—	—	—	—
5 ..	—	—	—	—	—	—	—	—
15 ..	—	—	—	—	—	—	—	—
25 ..	—	—	—	1	—	—	—	—
35 ..	—	—	—	—	—	—	—	—
45 ..	—	—	—	—	—	—	—	—
55 ..	—	—	—	—	—	—	—	—
65 ..	—	—	—	—	—	—	—	—
Total ..	—	—	—	1	—	—	—	—

The case notified was a transfer-in from an adjoining area.

The number of tuberculosis patients on the register at the year end were:—

	1967	1968
Respiratory	4	4
Non Respiratory	—	1
	—	—
	4	5
	—	—

TUBERCULOSIS

We have periodical visits by the Mobile Mass Radiography Unit of the Newcastle Regional Hospital Board. This valuable x-ray service can detect pulmonary tuberculosis in the early stages, at the most favourable time for a cure. It is important also to discover the non-active cases of tuberculosis, so that we can do all in our power to prevent them breaking down into an infectious state. Waiting time is now very short for admission to hospital, and modern drugs achieve most promising results for returning the patient to a useful and happy working life.

So too with cancer of the lung, and other diseases, it is most important to make an early diagnosis to ensure the best chances of success with treatment. The results of the x-ray examinations are communicated to the patient's own family doctor if there are any abnormalities, so that the findings can best be explained to the individual if any treatment seems needed.

Such discoveries more than justify the visits of the Mass Radiography Units to our area at regular intervals. I think that we should do all we can to make really excellent arrangements for their reception, and encourage our local people to turn up in full force for their chest x-rays.

One new case of tuberculosis was notified during the year and there were no deaths from the disease.

Hospital and Ambulance Arrangements for Infectious Diseases.

The Regional Hospital Board, Newcastle provides an infectious diseases hospital at Carlisle to serve the area, and ambulance transport is provided by the County Council. Disinfection of premises is carried out by your public health inspector.

HOUSING.

There are 666 inhabited houses in the Borough, and an average of 2.8 persons per house: that is a low figure which reflects very little overcrowding even in the smaller houses.

Between the end of the War in 1945 and the 31st December in this current year, your Council have built 47 new houses, private builders have completed 98 new houses, plus a further 29 extra dwelling units by conversions and sub-division of existing premises.

Your Council now own 87 houses. Tenants are chosen by a method which combines both a points system and personal selection.

The Council purchased 8 houses at Belgravia from British Railways during the year. A scheme has been prepared to improve 6 of them by addition of bathrooms etc. The remaining 2 are to be demolished.

The rateable value of your Council houses range from £29 to £58 and the rents are between 23/11d. and 46/10d. per week.

Slum Clearance.

The Housing Repairs and Rents Act, 1954, required your Council to submit, for the approval of the Minister of Housing and Local Government, formal proposals for dealing with all the unfit houses in the Borough. Your Council declared that there were 24 such houses, and the Minister approved a programme that would cause them to be dealt with before 31st December, 1960.

Closing Orders.

Housing Act, 1957. Section 18.

No closing order was made during the year.

Undertakings not to use for habitation.

Housing Act, 1957. Section 16.

One formal undertaking not to use premises for human habitation was received during the year. There are 10 such undertakings on your register of local land charges. One of those houses is still occupied, at No. 5 Low Wiend.

One house which was subject to such an undertaking, No. 9 Holme Street, was demolished during the year.

Undertakings to execute remedial works.

Housing Act, 1957. Section 16.

No formal undertakings to execute remedial works to render a house fit for human habitation were received during the year. None are outstanding on the Register of Local Land Charges.

A comparable informal undertaking was received during the year for the conversion of Nos. 45a and 45b Bongate into one modernised dwelling. The houses are vacant pending execution of the works.

Demolition Orders.

Housing Act, 1957. Section 16.

No demolition orders were made during the year. There are no such orders on your local land charge register.

During the year formal action was commenced against No. 2 Chapel Street, but the Council purchased the house by agreement, and demolished it for road widening.

Clearance Areas.

Housing Act, 1957. Section 42.

There have been no clearance area actions since the 1939-45 war.

A comparable achievement was effected during the year, when the block of seven derelict cottages in Holme Street were cleared away to make room for a much needed redevelopment with a new Old Person's Home.

Improvement Grants.

During the year 6 standard grants were made for the improvement of houses, making a total of 56 since the commencement of the scheme.

1 Discretionary Grant was also made during the year. This makes a total of 39 Discretionary Grants issued for the improvement and conversion of properties since 1954.

Verminous Houses.

The average standard of cleanliness is high and no action was necessary during the year.

Nuisances re Dwellings.

Informal action was taken in 6 cases. No statutory notices were served.

Dangerous Buildings.

Three cases were dealt with during the year.

Caravans and Camping.

1 caravan site licence was in force during the year for an individual van.

Camping periods of not more than four days each occur twice a year by the staff of travelling fairground and shows which park and operate in the Butts, where public conveniences for both sexes serve the sanitary requirements.

Appleby Fair.

A much more colourful invasion of caravans occurs each June, at what is known as Appleby New Fair, or Appleby Horse Fair, when hundreds of gypsies, general dealers, and horse traders, come to the town. It was estimated that about 2,000 people attended this year's meeting.

This ancient customary fair is supposed to be restricted to two days around the second Wednesday in June, but in practice it extends a lot longer, maybe to a week or ten days. Although horse trading still goes on, most of the caravans are nowadays luxury models towed by cars and trucks.

The traditional Fair Hill coped well with all the visitors. Refuse collection was efficient, a good water supply was made available, and the latrines were much improved.

Swimming Pool.

This was completed in August 1959 and is an asset to the town. It is an uncovered open-air bath filled with fresh water from the public mains, recirculated with constant filtration and aeration as well as being chlorinated, so that the water is being continuously changed and purified. Informal samples of water taken for bacteriological examination were excellent. Changing accommodation, footbaths and disinfection were well maintained. The installation of a heating plant and new filtration equipment was completed during 1968.

WATER.

The public water supply is adequate in quantity for the normal domestic supplies and industrial calls of the Borough, and is provided under the administration of the Eden Water Board. I record my appreciation of the help and liaison maintained by the officers of the Board.

The local source of supply is at the foot of the Pennines from two natural springs at Bank Wood in the Parish of Hilton. These springs arise near the junction of St. Bees sandstone and the red shale strata and apparently have a deep source. Their yield is remarkably constant throughout the year. The water is quite soft, and is suitable for all domestic purposes. It is sterilised with chlorine near the source as an extra safeguard, and regularly tested for purity. Some test results are set out in Appendix A to this report.

Additional water can be supplied from the North Westmorland East Regional System at Burrells, which is connected into the Appleby mains system at Scattergate Green. The Express Dairy also has a private water supply from a deep borehole, but it is rather hard water. So the overall picture is that there is enough water available locally to meet all domestic demands.

SEWERAGE.

The Borough is well equipped with water closets, 660 out of a total of 666 have either one or more although a number of houses share a common convenience with neighbours. The majority of the closets are connected to the main sewers, only 6 being served by cesspits or septic tanks.

The main sewer crosses the river near the Butts by an inverted siphon and thence flows through a brick-lined tunnel for 440 yards under Holme Wood to the river bank at St. Nicholas Wood, whence it is piped for the remaining 320 yards to the disposal plant. The major reconstruction of the sewage disposal works was completed during 1960.

Public Conveniences.

Public conveniences are situated at three points and the town is now well served. Their maintenance occasionally presents difficulties.

PUBLIC CLEANSING.

Refuse is collected weekly by Kerbside collection for most households, but bins are collected from the houses of elderly people. Trade refuse is collected at an agreed scale of charges: and the tip is available for private disposal under the Civic Amenities Act.

Disposal of refuse is by tipping at Gallows Hill, controlled as far as labour and covering materials permit.

Street cleansing is carried out systematically twice weekly in the town centre and as often as necessary on the district and country roads.

FOOD HYGIENE

Under the Food and Drugs Act, 1955 and the Orders and Regulations made thereunder, the Borough has the duty of carrying out specific responsibilities in the registration of certain food premises, in the supervision of milk and dairies, and in the wide field of protection of its citizens from food-borne diseases. The County Council are responsible for detecting the chlorination of foodstuffs and the supervision of the sale of drugs.

Registration of Ice-cream Premises.

There is one registration for the manufacture and sale of ice-cream and 11 registrations for storage and sale only.

Registration of Prepared Meat Premises.

At the year end registrations of sausage manufactories and potted, preserved and pressed meat, and pickled food preparing premises under Section 16 of the Food and Drugs Act, 1955 were approved in respect of 3 premises.

There are no egg pasteurisation plants in the Borough: no samples of liquid egg were taken for the alpha-amylase test. No difficulties were encountered.

There are no poultry processing premises within the Borough.

Registration of Dairies and Dairymen.

Your Council is responsible for the supervision of milk distributors and dairies which are not dairy farms. Your registrations at the end of the year were:—

Distributors	3
Dairies	3

Precautions against Contamination of Food.

Periodical inspection of food premises has been carried out and informal action taken when necessary. Proposals have been made for raising the standard of cleanliness and general hygiene in these places. I am confident that traders are anxious to achieve a very high level of hygiene in their premises.

The Minister of Health has called for the following special information in this year's report:—

Category of Premises	Number of Premises	Number fitted to comply with Reg. 16	Number to which Reg. 19 applies	Number fitted to comply with Reg. 19
Provision Merchants and General ..	8	8	8	8
Butcher and Slaughterhouse	6	6	6	6
Hotels and P. Houses Clubs	15	14	15	15
Cafes and Fish Fry-ing	7	7	7	7
Fruiterers	3	3	3	3
Bakers' Shops ..	3	3	3	3
Bakeries	1	1	1	1
Miscellaneous ..	6	6	6	6

Three of the butchers' shops and two of the fruiterers are shops which are in the covered market. These shops share facilities for Wash Hand Basins and Sinks.

Condemnation of Meat at the Slaughterhouse

Food and Drugs Act, 1955.

The following is a summary of the carcasses inspected and condemned in whole or in part:—

	Cattle including Cows	Calves	Sheep and Lambs	Pigs
Number killed (if known)	253	1	973	63
Number inspected ..	253	1	973	63
<i>All diseases except Tuberculosis and Cysticerci:</i> Whole carcasses condemned	—	—	—	—
Carcasses of which some part or organ was condemned	13 (a)	—	27 (b)	4
Percentage of number inspected affected with disease other than tuberculosis and cysticerci	5.1%	—	2.7%	6.3%
<i>Tuberculosis only:</i> Whole carcasses condemned	—	—	—	—
Carcasses of which some part or organ was condemned	—	—	—	—
Percentage of number inspected affected with tuberculosis ..	—	—	—	—
<i>Cysticercosis:</i> Carcasses of which some part or organ was condemned	—	—	—	—
Carcasses submitted to treatment by refrigeration	—	—	—	—
Generalised and totally condemned	—	—	—	—

Notes:— (a) The following are not included 35 livers and 13 part livers condemned for parasites.

(b) The following are not included 95 livers and 4 part livers condemned for parasites.

Milk-borne Diseases.

No epidemics of milk-borne diseases occurred during the year, and no action was required to stop any milk supplies or restrict the activities of milk handlers under the Milk and Dairies Regulations.

Samples of milk are taken regularly by various Authorities for the control of quality and safety. The Public Health Laboratories send me copies of all test results, so that I may take all necessary action for safeguarding the public health of the consumers of retail milk.

During the year 13 samples of raw milk were examined in this way for brucellosis. No positive samples were found, and no restrictive action was necessary within the Borough.

Slaughterhouse.

One slaughterhouse is on annual licence by your Council. The changing pattern of the meat trade, and the increasingly stringent legal requirements, make it doubtful how much longer it will be economic to maintain small private slaughterhouses. A scheme is now being executed by the owner's architect to provide a new slaughterhall to bring the premises up to the necessary standards.

Condemnation of Foodstuffs.

Various foodstuffs in retail shops were condemned during the year as unfit for human consumption. Disposal is by burial at the Council's refuse tip.

170 lbs. of bacon,	432 packets of foodstuffs,
600 lbs. of confectionery,	595 bottles of soft drinks.

GENERAL SANITARY INSPECTION.

The duties of public health inspection have satisfactorily reverted to the earlier pattern of combining them with those of the Building Surveyor in a single joint appointment. I record my sincere appreciation of his work and help.

Offensive Trades.

There are no offensive trades within the meaning of the Act carried on in the Borough.

Factories.

There is 1 factory in which Sections 1, 2, 3, 4 and 6 of the Factories Act, 1961, is the responsibility of the Borough Council and 11 in which Section 7 is enforced. Six inspections were made and in no case was it necessary to issue a written notice.

No prosecutions were required. There are no basement bakehouses.

Factory Inspections.

Premises.	Number of Premises.	Number of		
		Inspections.	Written Notices.	Occupiers prosecuted.
Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ..	I	—	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	11	6	—	—
Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	—	—	—	—
Total	12	6	—	—

No defects were found.

Offices and Shops.

The Offices, Shops and Railway Premises Act, 1963 came into force during 1964. It makes provision for the safety, health and welfare of people employed in these premises.

Twenty-one visits were made during the year.

Type of Premises	Registered at year end	Inspected during year	Persons Employed
Offices	6	2	22
Retail Shops	18	14	70
Wholesale Shops and Warehouses ..	4	1	10
Catering establishments open to public, canteens	4	4	9
Total	32	21	111

No written notices and 4 verbal notices were served for contraventions discovered.

Common Lodging Houses.

There were no common lodging houses within the Borough.

Rent Restriction.

No application for a certificate of disrepair was received under the Housing Repairs and Rents Act, 1954.

Smoke Abatement.

One case is under investigation.

Boarding Kennels.

There were none in the Borough.

Pests.

Rat poisoning treatments have been given in the sewers and the refuse tip during the year. Inspection of other premises has been made when required and treatment given.

Compulsory Removal.

No action was required under Section 47 *National Assistance Act*, 1948, for the removal to suitable premises of persons in need of care and attention. One case was under observation.

Public Mortuary and Post-mortem Room.

Your Council share with North Westmorland R.D.C. and Westmorland County Council, some premises in Appleby which have long been used as a public mortuary and occasionally as a public post-mortem room. Your two County District Councils are responsible for operating and maintaining it: the Westmorland County Council merely retain a share in the bricks and mortar.

I believe that public mortuaries should be conducted with a very high standard of cleanliness, decency and reverence, and shall be satisfied with nothing less.

Laboratory Services.

Satisfactory bacteriological laboratory facilities were available at Carlisle Laboratory for all public health purposes. I am grateful for such help.

Special Note on a Flood, March 23rd/24th, 1968.

Serious flooding occurred within the Borough on the 23rd/24th March, 1968. As a Public Health and Housing Authority the Borough Council carried responsibility for certain aspects of the results of such flooding.

All food premises affected were inspected and considerable quantities of foodstuffs were voluntarily surrendered and condemned (list elsewhere in report). Considerable number of problems regarding sewerage and private drainage became evident immediately after the flooding and assistance and advice was given to private individuals whenever possible.

The Council also undertook to assist individual householders by the provision of additional fuel and the hire of industrial hot air blowers to dry out houses as soon as possible. Additional refuse collections were organised and provided in the streets affected to allow early disposal of additional refuse. The general clearing and cleaning up after the flood water was carried out as speedily as possible.

Since the last flood meetings and discussions have taken place involving all the authorities concerned regarding possible solutions to the problem and the River Board are undertaking a survey of the area to assist in this.

APPENDIX A **Laboratory Examination of Public Water Supplies.**

Nature of Test.	Standards Max.	Head Works.	Town's Main.
Pr. coli count	3-10	0	0
Faecal coli-strep.	0		
Date last sampled	—	19/10/68	19/10/68
Character	—	Clear	Clear
Reaction	—	6.7	6.5 less than
Ammonical Nitrogen ..	.041	.003	0.2
Albuminoid Nitrogen ..	.006	.037	0.2
Total Solids	1000	100	135
Hardness { Total	300	76	85
{ Carbonate ..	—	45	33
{ Non Carbonate ..	—	31	52
Chlorides	30	10	12
Nitrates	1.0	1.220	—
Nitrites	—	—	—
O.2 Absorbed	1.0	.18	.28
Heavy Metals	—	—	n/a
Rainfall 24 hours	—	Nil	Wet
Date Sampled	—	23/3/49	28/8/65
Laboratory	—	Darlington	Carlisle

Chemical analyses expressed in parts per million.

